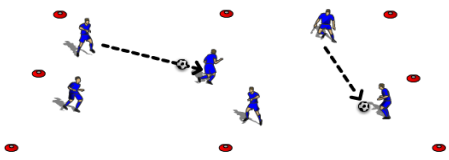
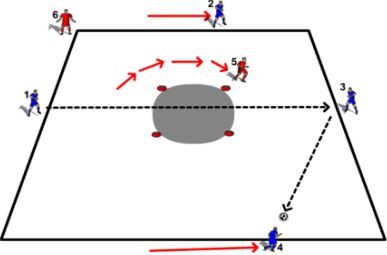

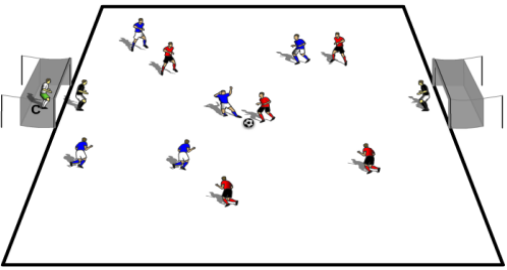


NAME Adam Merrick

TOPIC Coach to Improve Supporting Play – USSF D

DATE January 2012

	ORGANIZATION	KEY COACHING POINTS
W A R M - U P	 <p>15x30 Grid (2 grids for 12 players) 6 players per grid, 2 balls Technical passing</p>	<p>High <b>quality passes</b> Toes up, heel down, locked ankle <b>Weight and timing</b> of pass Body shape on receiving of pass sideways on, control with front foot <b>Movement</b> after the pass Communication</p>
A C T I V I T Y  2	 <p><b>Penetration Box</b> ≈15x15 grid Players numbered 1-6 4 attackers pass to maintain possession 1 defender attempts to gain possession Defender may not enter center box On turnover next number defends, old defender rest resting player fills gap created by new defender</p> <p><b>Progression = no defensive restriction for box</b></p>	<p><b>Defender = high intensity</b> to force quick decisions 1st attacker = "<b>Can I penetrate</b> with pass?" else <b>play out of pressure</b> 2nd and 3rd attackers = best support possible Provide <b>deep, wide</b> angles and <b>penetration option</b> Early release of ball = less ground for defender to cover. Draw defender in</p>
A C T I V I T Y  3	 <p><b>Quick Transition Game</b> ≈15x30 3 teams of 4 players 4v4, 3rd team off pitch waiting for goal Upon goal, scoring team retrieves ball and attacks <b>other goal</b> Team scored on gets off, waiting team gets on quickly to defend goal that was <b>not</b> just scored on</p> <p>Rebounder or barrier behind goal to prevent stray balls after goal - speed up transition</p>	<p>1st attacker must have <b>options</b> <b>Penetrate first</b> (pass or dribble) 2nd attacker in <b>support</b> 3rd attackers <b>penetrating or creating space</b></p> <p><b>Communication</b> Verbal and non-verbal Forward play Support should lend to attack</p>
T H E G A M E	 <p><b>THE GAME</b> 5v5 +GK's to big goals</p>	<p>Points as above</p> <p>Specific focus on player(s) immediately off of the ball <b>What role are you filling?</b> <b>What kind of / how good is the support you're providing?</b></p>
<b>COOL DOWN</b>		<p>-Slow/light jog or shuttles - break often to stretch</p> <p>-Hydrate -Post session nutrition</p>